WHAT IS CLAIMED IS:

1. Amethod of manufacturing a closed section structure filled with a foam, comprising:

a preparing step of preparing metallic powder, a foaming spent, and a metallic flat plate;

a foaming-agent compacting step of mixing the foaming agent into the metallic powder and compacting a resultant mixture into a flat-plate-like compact;

a step of attaching the obtained foaming-agent compact to one of side faces of the metallic flat plate;

a plastic-forming step of obtaining a closed section structure by plastic-deforming the metallic flat plate in such a way as to envelop the compact; and

a foaming step of foaming the foaming-agent compact, which
is contained in a closed section structure, by heating the
compact to a foaming temperature.

- 2. The method of manufacturing a closed section structure as set forth in the Claim 1, wherein
- 20 the foaming agent is Titanium Hydride powder.
 - 3. The method of manufacturing a closed section structure as set forth in the Claim 1, wherein

the metallic powder is aluminum powder.

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- 4. The method of manufacturing a closed section structure as set forth in the Claim 1, wherein the metallic plate is an aluminum plate.
- 5 5. The method of manufacturing a closed section structure as set forth in the Claim 1, wherein the metallic flat plate is an aluminum flat plate.
- 6. A closed section structure filled with a foam manufactured10 by the method as set forth in the Claim 1.